

# Nutrition News: Your Family and the Dietary Guidelines

Healthful eating is important for your whole family. As parents, it is your job to offer a variety of healthful foods to ensure that your children get the nutrients their growing bodies need. The Dietary Guidelines for Americans can be used as your families guide to a healthy lifestyle. They are designed for all members of your family, over the age of two. The 2000 Dietary Guidelines emphasize three key messages: Aim for Fitness, Build a Healthy Base, and Choose Sensibly. Ten specific guidelines are also provided. By following these ten easy guidelines, you can have a large impact on the health of your family!

## **A**IM FOR FITNESS

1. Aim for a healthy weight.
2. Be physically active each day.



## **B**UILD A HEALTHY BASE



3. Let the Pyramid guide your food choices.
4. Choose a variety of grains daily, especially whole grains.
5. Choose a variety of fruits and vegetables daily.
6. Keep foods safe to eat.

## **C**HOOOSE SENSIBLY

7. Choose a diet that is low in saturated fat and cholesterol and moderate in total fat.
8. Choose beverages and foods to moderate your intake of sugars.
9. Choose and prepare foods with less salt.
10. If you drink alcoholic beverages, do so in moderation.

